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2015 **RIO** LX MT Rio4 SX with Navigation shown[‡] Cash purchase price \$22,514
HWY / CITY 100KM[†] : 5.3L/7.5L

\$21 from weekly for 69 payments **0%** financing for up to 84 months **\$0** down payment[§]

Includes "Half Price Payments" credit. \$21 weekly payment amount includes \$1,500 Half Price Payments Credit. Payments are based on 2015 Rio LX MT (R0541F) 84-month financing. After 69 weekly payments at \$21, the weekly payments will increase to \$43[¶]. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.



2015 **FORTE** LX MT Forte SX AT shown[‡] Cash purchase price \$26,814
HWY / CITY 100KM[†] : 5.3L/8.0L

\$24 from weekly for 62 payments **0%** financing for up to 84 months **\$0** down payment[§]

Includes "Half Price Payments" credit. \$24 weekly payment amount includes \$1,500 Half Price Payments Credit. Payments are based on 2015 Forte LX MT (FO541F) 84-month financing. After 62 weekly payments at \$24, the weekly payments will increase to \$48[¶]. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.



2015 **OPTIMA** LX AT Optima SX Turbo shown[‡] Cash purchase price \$33,514
HWY / CITY 100KM[†] : 5.7L/8.9L

\$36 from weekly for 28 payments **0%** financing for up to 84 months **\$0** down payment[§]

Includes "Half Price Payments" credit. \$36 weekly payment amount includes \$1,000 Half Price Payments Credit. Payments are based on 2015 Optima LX AT (OP742F) 84-month financing. After 28 weekly payments at \$36, the weekly payments will increase to \$73[¶]. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.



2015 **SORENTO** LX AT Sorento SX AWD 7-Seat shown[‡] Cash purchase price \$38,894
HWY / CITY 100KM[†] : 9.0L/12.7L

\$39 from weekly for 50 payments **0%** financing for up to 84 months **\$0** down payment[§]

Includes "Half Price Payments" credit. \$39 weekly payment amount includes \$2,000 Half Price Payments Credit. Payments are based on 2015 Sorento LX AT (SR75BF) 84-month financing. After 50 weekly payments at \$39, the weekly payments will increase to \$79[¶]. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.



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SHARING.

Samsung offered to buy Blackberry for \$7.5B: Report

Shares of the Canadian company spiked nearly 30 per cent on Wednesday after the report

Fahmy family pinning their hopes on Baird

Jailed journalist's relatives hope Egypt visit is 'finale' of ordeal

PAGE 6

A STIRRING TWIST ON RISOTTO

UNTRADITIONAL, BUT STILL DELICIOUS: THIS TAKE ON THE DISH CALLS FOR BARLEY, LEEKS AND LEMON

PAGE 16



WHAT DO POPCORN, CATS AND JETS FANS HAVE IN COMMON?

Winnipeg Jets fan and local comedian Aaron Merke grabbed international attention Wednesday after a popcorn-flinging, shirt-ripping dance he performed dressed as a cat Tuesday night made the rounds on social media. Story, page 3. TREVOR HAGAN/THE CANADIAN PRESS

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Wednesday,
February 18, 2015

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OUR GRADS GET HIRED

CAO may get public review

New position.

Mayor said about 150 applications came in

 **BERNICE PONTANILLA**
bernice.pontanilla@metronews.ca

A committee formed to hire the city's new chief administrative officer (CAO) will decide whether the job will include an annual review that will be made public, and the councillor behind the idea says that's the best place for it.

Coun. Matt Allard, who is on the CAO-selection committee, told members of the executive policy committee (EPC) on Wednesday that the hiring committee "would likely be the best place" for his idea of public reviews to be considered.

"We've had very positive meetings on that committee, and I feel that there's a real collaborative spirit there and there's definitely an appreciation for my ideas there," he said.

The EPC accepted Allard's motion as information and sent it to the CAO selection committee.

Mayor Brian Bowman said after the EPC meeting they've received about 150 applications for the CAO position, up from the 80 received in the previous go-around under former mayor Sam Katz.

"We've had a significantly greater number of candidates express interest," he said, adding some applicants stated that the new mayor and council was a reason they'd applied.

"(This) is great to hear, and there definitely seems to be an interest in the renewal that's taking place here at city hall."

Bowman said the committee is going through the resumes and will be conducting interviews "very soon."

He expects a new CAO will be in place either in late February or early March.

The current CAO, Deepak Joshi, stepped into the role on an interim basis after Phil Sheegl resigned in October of 2013.

0% FINANCING

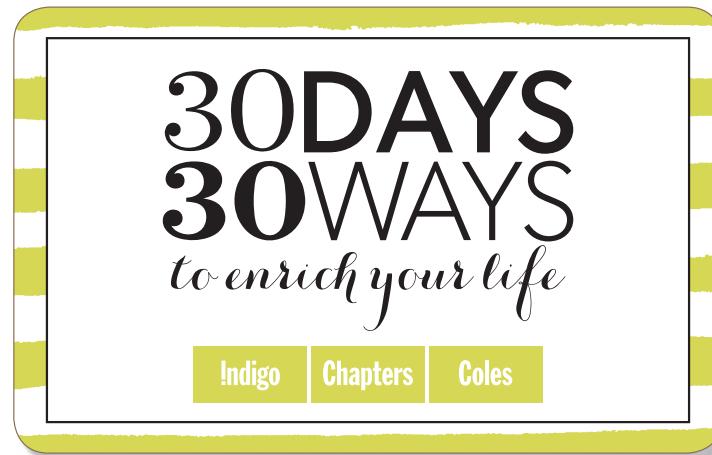
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Health care

Manitoba adds new medications to pharmacare program coverage

The Manitoba government is adding 94 new medications to its pharmacare program, including two that treat diabetes.

Some of the other drugs that will be covered are for multiple sclerosis, hepatitis C, schizophrenia and cystic fibrosis.

The government says the added coverage is expected to save Manitoba families \$3.9 million a year.

Coverage for the new drugs will begin on Jan. 19.

Pharmacare is a universal prescription-drug program that covers 100 per cent of eligible drug costs once an income-based deductible is reached.

THE CANADIAN PRESS

Fair share

Show me the PST money: Mayor

Mayor Brian Bowman issued a challenge to the NDP leadership candidates to tell Winnipeggers if they're in favour of giving the city a "fair share" of the PST increase.

"That money was raised for the purposes of infrastructure, and it's only right that that money flow where it's being collected, and that's predominately in Winnipeg," Bowman said.

"We're being short-changed right now. We need those funds. There's a leadership race; it'd be a great opportunity for all of the leadership candidates to pledge that Winnipeggers are going to get their fair share."

METRO



Mayor Brian Bowman said he's confident the cash needed to finance the second phase of the city's rapid-transit expansion will be found in the budget process.

BERNICE PONTANILLA/METRO

'Never wavered' on transit: Bowman

City hall. Mayor confident money will be found, reaffirms his commitment to completing the city's transit projects



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The city's top elected official said that, despite concerns raised by a councillor, he's committed to seeing the second phase of rapid transit completed and believes the money to finance it will be found.

Mayor Brian Bowman responded on Wednesday to comments made by Coun. John Orlikow (River Heights-Fort Garry) following Tuesday's property and development committee meeting.

Orlikow said council is on the hunt for the \$19.7 million a year, starting in 2020, which will be needed to finance the \$590-million project. He also stated that he doesn't favour the dogleg route.

Bowman said he's confident that the cash will be found in the current budget process and supports the project as is — including the dogleg route.

"I am committed to rapid transit and Phase 2 of rapid transit," said Bowman after Wednesday's executive policy

Quoted
"I am committed to rapid transit and Phase 2 of rapid transit. Those discussions are ongoing, and we're considering different options that will make their way into the budget process."

Mayor Brian Bowman

committee meeting, adding that discussions on where the money could come from started only days after he and councillors were sworn in.

"Those discussions are ongoing, and we're considering different options that will make their way into the budget process, and so there has been a lot of work on it to date."

Bowman said he's deter-

mined to see the project go forward and reaffirmed his campaign pledge of "developing a long-term vision and implementation of an actual rapid-transit system."

"I'm absolutely committed to completing Phase 2. That's never wavered and that should not be questioned," he said.

"This mayor, and I believe this council, are committed to seeing it through."

Who is Winnipeg's popcorn-tossing 'Fur Coat Guy'?



Aaron Merke CONTRIBUTED

An impromptu arm-flailing, popcorn-tossing few seconds of dance on the Jumbotron at Tuesday's home game has earned one Winnipeg Jets fan international attention.

The man dubbed 'Fur Coat Guy' is actually 38-year-old Winnipeg social worker Aaron Merke, who said he didn't plan on becoming Internet famous when he

painted cat makeup on his face, styled his hair into cat ears and donned a fur coat before heading to the game.

"I was just going to have fun," Merke told Metro on Wednesday as a Vine of his unique dance made the rounds on social media.

"It's been pretty crazy.... I had to turn my phone off last night because of all the

notifications."

The dance was broadcast live across the country during the game, and Merke said the social-media attention soon followed.

Vice Sports has since written a short story, and The Associated Press put a photo of him in the throes of his dance on its wire Wednesday.

Merke, who moonlights as an improv comedian, said the dance came to him on the spot.

"I was like, 'What do I got? I got popcorn.' So I just cracked it everywhere," he said.

For more of Merke's humour, check out his improv group's website buckocomedy.com. SHANE GIBSON/METRO

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NEWS

Singer's northern trip inspired spontaneous poetry collection

Burning Daylight.

Tour of the Yukon with husband yielded the inspiration for Christine Fellow's sixth album, poetry book

Winnipeg singer-songwriter Christine Fellows answered the call of the wild.

Fellows' sixth studio album and first poetry collection, Burning Daylight, released in September via ARP Books, started taking shape in February 2011. That year, she and her husband, The Weakerthans frontman John K. Samson, toured the Yukon as Dawson City Music Festival's songwriters-in-residence.

Every night while visiting the land of the midnight sun, Fellows and Samson

would read stories to each other, with Fellows choosing such Klondike adventures as Jack London's To Build a Fire.

"He (London) has that real muscular style of writing. It's super over the top, very bravado, very male, like man against nature," Fellows said. "I guess my knee-jerk reaction to everything like that is to just throw it back, respond to it, but change the gender to female. Even doing something small like that, the story comes out differently. I wrote my own narrative alongside his."

The album portion of Burning Daylight features such Jack London-sourced titles as Call of the Wild, In a Far Country and To Build a Fire.

In a press release, Fellows describes her responses to London's stories



Burning Daylight, the new album and book of poetry by Winnipeg singer-songwriter Christine Fellows, was inspired by her experiences in the north. COURTESY CHRIS GILES

as "minimalist Klondike show tunes," as she initially planned for Burning Daylight to be musical theatre.

That idea was eventually scrapped, but the idea for a book of poems and collages was born when she and visual artist Alicia Smith were invited to take a trip to Igloolik, Nunavut, in October 2013, as part of a National

C Fellows Trio

The C Fellows Trio, featuring Fellows and cellists Alex McMaster and Leanne Zacharias, plays the West End Cultural Centre on Friday. Opening the show is Shotgun Jimmie. Tickets are \$20 at the WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketmaster (plus fees) or \$25 at the door. Showtime is 8 p.m.

Film Board project.

"A little switch turned on in my brain, and I did all this writing in anticipation of that trip," Fellows said.

"I almost didn't need to go, because the anticipation of going somewhere that insane was almost enough for me. But I'm so glad I went."

JARED STORY/FOR METRO

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TOYS & SEASONAL

Jets tight-lipped about plans for tossed hats

Now that scoring hat tricks at MTS Centre seems to be, well, old hat for the Winnipeg Jets, the team has a problem.

And it's a good problem to have: what to do with the hats fans rain down in celebration?

On Wednesday, a day after Mathieu Perreault scored the team's second hat trick since their return to Winnipeg (then tapping in a fourth one for good measure), Jets spokesman Scott Brown told Metro it's something the team has been talking about since Bryan Little scored their first back in December.

"There are a number of ideas that we're kicking around now," explained Brown, who is keeping the options the team is considering, ahem, under his hat,

Quoted

"There are a number of ideas that we're kicking around."

Jets spokesperson Scott Brown



Dozens of hats were thrown onto the ice at MTS Centre on Tuesday after Mathieu Perreault scored a hat trick against the Florida Panthers.

BRIAN MARSH/FOR METRO

for now.

While the options are pondered — some teams donate the hats to charities, while others, such as the Columbus Blue Jackets, display them publicly in their arenas — Brown said the hats that have so far been tossed are all being stored somewhere at the MTS Centre.

The team encourages fans to toss their hats onto the ice when a player scores a hat trick, but Brown warned that, once the cap is thrown, don't expect to get it back.

Returning fans' hats after a game would "create a logistical nightmare" he said.

SHANE GIBSON/METRO



Jesse Brown, founder of media website Canadaland.

COURTESY CANADALAND/THE CANADIAN PRESS

Challenging a 'cosy culture of journalism'

Canadaland. Website aims to fill void and watch the watchdogs

The man who helped bring to light two major controversies at the CBC — including this week's allegations against business reporter Amanda Lang — says he's made it his mission to take a critical look at what is happening inside Canada's media organizations.

Jesse Brown, whose podcast and media-news website Canadaland also helped break the Jian Ghomeshi scandal, says that unlike the U.S., Canada has allowed its media to remain largely unscrutinized.

"The American media holds the American media to account through hard news satire analysis. We had nothing like it here," he said in a phone interview Tuesday.

Brown said he initially pitched a media-criticism podcast to established news organizations, and most were receptive — until they realized they would come under scrutiny, too.

"So it was clear to me that something had to be done and probably had to be done independently," he said.

Canadaland reported on Monday that Lang had attempted to "sabotage" a 2013 story about a bank that had sponsored some speeches or events at which she spoke. It also said Lang was in a "serious relationship" with an RBC board member at the time.

Lang said Monday she disclosed the relationship in 2012 to the public broadcaster. CBC said the allegations that Lang tried to "sabotage" the story on RBC's use of temporary foreign workers were "untrue."

CBC isn't the only network to come under fire. Global Television suspended one of its Toronto anchors last week after a media report was part-owner of a public-relations firm.

"There's no overall culture of media criticism here," said Jeffrey Dvorkin, a media analyst and director of the journalism program at the University of Toronto's Scarborough campus.

"Part of it is that we're a smaller country than the United States and there is a tradition of everybody-knows-everybody-else," said Dvorkin, a former managing editor for CBC Radio. "As a result, it's kind of a cosy culture of journalism in this country ... People may want jobs, so they're not willing to be particularly critical."

THE CANADIAN PRESS

Staff slashed

Damning report issued on military procurement

A study of Canada's dysfunctional military procurement system became a political football Wednesday as opposition parties pounced on the premise that delays and misuses were due in part to the Harper government's policies.

The report was written

jointly by the Conference of Defence Associations Institute and the MacDonald-Laurier Institute.

Critics say it will be hard for the Conservatives to dismiss the exhaustive analysis, which is based on more than 50 interviews and a workshop with retired and currently serving acquisition officials, political staff and consultants.

The report provides an unvarnished look at a system long beset by delays, cancellations and cost overruns.

After the Conservatives

came to power, the number of employees versed in the complex requirements and approval process inched up to 4,355 by 2009, but many positions remained vacant because of the Afghan war.

Then the Harper government's budget cuts took hold.

"The situation worsened due to the Strategic Review and the Deficit Reduction Action Plan (DRAP), which (cut) 400 positions through the end of 2014/2015," says the report.

THE CANADIAN PRESS

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Jailed journalist's family pins hopes on Baird's visit to Egypt



Canadian Foreign Minister John Baird, right, is met by the governor of Luxor, Major General Tarek Saad Eddin, on his arrival Wednesday to the airport in Luxor, Egypt. Baird is scheduled to meet Egyptian officials in Cairo on Thursday and is expected to bring up the case of Canadian-Egyptian journalist for Al-Jazeera English, Mohammed Fahmy, who is imprisoned in Egypt on terror-related charges along with two other journalists. HAGGAG SALAMA/THE CANADIAN PRESS

Artist stops sending portraits of missing, murdered women to PM

A Toronto illustrator who had started sending a portrait of a missing or murdered aboriginal woman to Prime Minister Stephen Harper every day has abandoned his project after hearing from relatives of victims.

"If some of the families find it inappropriate or find it is harming efforts, there is no reason for me to do it," Evan Munday, 34, said.

Munday began tweeting his ink-drawn portraits of missing or murdered indigenous women Jan. 5, saying he wanted to help increase pressure on

Harper to call a national public inquiry into the issue. "After extensive conversation with a group formed of families of some of the missing and murdered women, I believe I cannot continue the project in a way that respects these women's autonomy or a way that helps rather than harms the families of these thousands of women," Munday wrote in a statement.

Munday said he heard from the group over the weekend and they shared their concerns that he had drawn the portraits without seeking their permission and that the media



Evan Munday's illustration of Danita Faith Bigeagle, the subject of his second portrait. TWITTER.COM

attention he was getting was detracting from indigenous-led efforts. TORSTAR NEWS SERVICE

Mohamed Fahmy case. Meanwhile, a government official in Ottawa was urging tempered expectations

The family of an Egyptian-Canadian journalist imprisoned in Cairo is hoping that Foreign Affairs Minister John Baird's visit to the city on Thursday will mark "the finale" to Mohamed Fahmy's quest for freedom.

But a government official in Ottawa was tempering expectations Wednesday that Baird's visit would immediately trigger Fahmy's release.

Fahmy has spent over a year in prison after he and two colleagues were arrested while working Al Jazeera English. After a trial widely denounced as a sham, the three were convicted on terror-related charges they vehemently deny.

Baird's visit to Cairo comes at a sensitive time. A retrial was ordered this month for Fahmy and his colleagues, and Egypt's president has announced a new decree that gives him the power to deport foreigners convicted or accused of crimes.

Those factors have given Fahmy and his family hope that they will soon be able to return

to their home in Montreal.

"I believe Mr. Baird's visit should be the finale," Fahmy's brother Adel said. "We are genuinely hoping that he reaches a resolution and announces that Mohamed will be deported to Canada."

Baird will be meeting with his Egyptian counterpart Sameh Shoukry on Thursday, where he is expected to raise Fahmy's case, after which the two will participate in a news conference. It is there that Fahmy's family hopes for some indication that their ordeal is nearing an end.

But a government official, speaking on condition of anonymity, said that things may not proceed quite that quickly.

Baird's two-day trip to Egypt, the official stressed, is part of the country's regular engagement with Egypt "writ large."

"We're not expecting necessarily that (Baird) is going to announce the release or anything like that when he's there," said the official.

It is unclear just how Fahmy's deportation process might play out in practical terms. If he is deported as a convicted criminal under Egyptian law, it's not known when he will become a free man in Canada. But his family is staying positive.

THE CANADIAN PRESS

Calls for clemency

Minister denounces flogging of Saudi blogger

Foreign Affairs Minister John Baird has publicly denounced the flogging of a Saudi blogger, calling for clemency in the case.

In a statement, the minister responded for the first time to the sentence handed down last May to blogger Raif Badawi, who received 10 years in prison and 1,000 lashes after he criticized Saudi Arabia's clerics on a liberal blog he founded. The first 50 of those lashes were delivered last Friday; Badawi is expected to receive 50 more every week for the next 19 weeks.

"This punishment is a violation of human dignity and freedom of expression, and we call for clemency in this case," Baird said in a statement.

Marc Garneau and Paul Dewar, the foreign affairs critics for the Liberals and NDP, respectively, called on Baird to publicly condemn the action. They said it was not enough that Canada's religious freedom ambassador and development minister have already spoken out against Badawi's treatment.

THE CANADIAN PRESS

Egyptian law

"The law is very clear that if this person is not a threat to national security, then he could be deported, tried or finish his sentence at any time of the judicial process."

Abdel, the brother of jailed Canadian-Egyptian journalist Mohamed Fahmy

Vancouver

Woman attacked twice by same man: Police

Vancouver police say a woman was attacked twice in a week by the same man.

William Bassett Jr., 39, has been charged with two counts of sexual assault and one count of kidnapping and unlawful confinement. Bassett was arrested May 17, 2014, after police responded to a report of a sex assault where the victim was allegedly confined overnight. A week later, the same victim was reported missing.

THANDI FLETCHER/METRO

Syria. Reports say Ottawa man killed fighting for ISIL



An ISIL fighter from Ottawa, believed to be John Maguire. METRO FILE

Maguire came to national media attention when he appeared in a pro-ISIL video saying that while he grew up like most Canadians playing hockey, guitar and attending university, he had come to support the radical Islamist cause.

The reports were based on a tweet from Twitter user and apparent ISIL supporter Abu Saman, who called Maguire and another man martyrs.

METRO IN OTTAWA

Java Sea. Singapore navy finds AirAsia fuselage

A Singaporean navy ship has found the crashed AirAsia plane's fuselage, a 30-metre-long section with a wing attached, in the Java Sea, authorities said Wednesday.

Images taken by a remote-controlled vehicle showed parts of the plane's wing and words on the fuselage, Singapore Defence Minister Ng Eng Hen said on his Facebook page. He said Indonesian search officials have been notified so they can begin recovery operations.

The fuselage section that was found is 30 metres long and 10 metres wide with a height of three metres, Indonesia's National Search and Rescue Agency chief Henry Bambang Soelistyo said.

"The fuselage with a wing still attached on it was found in the priority search area and has been confirmed as part of the AirAsia plane," Soelistyo said.

He added it was some



The wreckage of AirAsia Flight QZ 8501 lying on the Java Sea floor.
MINDEF/THE ASSOCIATED PRESS

three kilometres from the tail, which was found earlier, and 800 metres from the black boxes, at a depth of about 28 metres.

The plane carrying 162 people disappeared from radar on Dec. 28, less than halfway into a two-hour flight from Surabaya, Indonesia, to Singapore. **THE ASSOCIATED PRESS**

Sex abuse. Model pursues charges against Bill Cosby

A model who claims Bill Cosby drugged and sexually abused her at the Playboy Mansion met with Los Angeles police on Wednesday to pursue criminal charges against the comedian over the 2008 incident.

An attorney for Chloe Goins said after the meeting that his client is the first woman accusing Cosby of sexual misconduct whose case may fall within the statute of limitations. More than 15 women have accused Cosby of sexual misconduct, including several who say the comedian drugged and raped them in incidents dating back at least four decades.

Goins did not speak dur-

ing a news conference Wednesday. Her attorney, Spencer Kuvin, said she came forward after hearing about other women describing abuse by Cosby and realizing she might have a valid criminal case.

An email to Cosby's attorney, Marty Singer, was not immediately returned.

Kuvin declined to discuss what Goins told detectives but restated her allegations that Cosby drugged her at a 2008 event at the Playboy Mansion. Goins does not know what happened while she was blacked out but says she awoke to find herself naked and Cosby over her.

THE ASSOCIATED PRESS

Mozambique

Flood displaces thousands

Heavy flooding in Mozambique has killed 10 people and displaced nearly 20,000 more, the government disaster-management office said Wednesday.

Seven people died trying to cross the Limpopo river in the Zambezia province, four of them dying when their car was swept away, said Rita Almeida, the disaster-management office spokeswoman.

THE ASSOCIATED PRESS

Texas

At least 10 dead after bus carrying prisoners crashes

A county sheriff says at least 10 people are dead after a bus carrying state prisoners skidded off an icy highway overpass in West Texas, slid down an embankment and collided with a train. Ector County Sheriff Mark Donaldson says the overpass on Interstate 20 was slick with ice Wednesday morning when the bus left the roadway. **THE ASSOCIATED PRESS**



Pope urges forgiveness, reconciliation in war-torn Sri Lanka

Pope Francis blesses a child as he arrives in Madhu, Sri Lanka, on Wednesday. Pope Francis travelled to the jungles of war-torn northern Sri Lanka to show solidarity with the victims of the country's 25-year civil war and urge forgiveness and reconciliation "for all the evil which this land has known."

ALESSANDRA TARANTINO/THE ASSOCIATED PRESS

Yemen's al-Qaida claims responsibility for attack

Paris newspaper assault. Extremists warn of even more tragedies to come

Yemen's al-Qaida branch on Wednesday claimed it carried out last week's deadly assault on a French satirical newspaper to avenge cartoons depicting the Prophet Muhammad, as it called for unity among jihadi ranks and vowed more attacks on the West.

In an 11-minute video posted on the group's Twitter account, Nasr al-Ansi, a top commander of al-Qaida in the Arabian Peninsula, said the attack on the office of Charlie Hebdo — in which

Quoted



"Congratulations to you, the nation of Islam, for this revenge that has soothed our pain."

Nasr al-Ansi, a top commander of al-Qaida, in a video posted to the group's Twitter account

two gunmen massacred 12 people — was in "revenge for the prophet."

He warned of more "tragedies and terror" in the future, saying "you will look for peace and stability but you will not find it because of the deeds of those carrying out martyrdom operations and heroes of lone jihad."

Al-Ansi said AQAP "chose the target, laid out the plan and financed the operation." He said the radical Yemeni-

American cleric Anwar al-Awlaki, who was killed in a U.S. drone strike in Yemen in September 2011, had arranged the attack.

If confirmed, that would mean the Paris attack was years in the making. But Al-Ansi produced no evidence to support his claims, leaving lingering questions over the exact relationship between the attackers and the militant group's leadership in Yemen.

THE ASSOCIATED PRESS

Crackdown

54 arrested for hate speech, glorifying terrorism

France ordered prosecutors around the country to crack down on hate speech, anti-Semitism and glorifying terrorism and announced Wednesday that it was sending an aircraft carrier to the Middle East to work more closely with the U.S.-led coalition fighting militants from the Islamic State of Iraq and the Levant (ISIL) group.

Authorities said 54 people had been arrested for hate speech and defending terrorism in the last week. The crackdown came as Charlie Hebdo's defiant new issue sold out before dawn around Paris, with scuffles at kiosks over dwindling copies of the satirical weekly that fronted the Prophet Muhammad anew on its cover.

Charlie sends 1,500 copies to Canada

The Canadian distributor for the satirical magazine Charlie Hebdo says 1,500 copies of the latest issue — which features a caricature of the Prophet Muhammad on the cover — will be available in different parts of the country Friday.

Louis-Philip Vermeersch, director of sales for LMPI, says that's up from the 100 issues

that are usually delivered for distribution each week.

But he says the increased production likely won't be enough to meet demand for the issue from Canadians who want to see the latest copy of a magazine at the centre of an international tragedy.

Charlie Hebdo is usually available only in Quebec and

one store in Toronto, but Vermeersch says distribution will be more widespread this time.

Copies will be sent to 135 stores across the country, the vast majority of which will be in Quebec.

Stores will receive an average of 10 copies apiece, Vermeersch said.

THE CANADIAN PRESS

Samsung taking a run at BlackBerry: Report

Shares jump on TSX.
Canadian company's stock rose to highest level since early 2012

BlackBerry is downplaying a report that smartphone maker Samsung Electronics Co. Ltd. has approached the Canadian company about a possible takeover.



The Canadian flag flies at BlackBerry's headquarters in Waterloo, Ont. A news report says smartphone maker Samsung Electronics has offered to buy the company for as much as \$7.5 billion US. GEOFF ROBINS/THE CANADIAN PRESS FILE

In a news release, the Waterloo, Ont.-based firm said it "has not engaged in discussions with Samsung with respect to any possible offer."

"BlackBerry's policy is not to comment on rumours or speculation, and accordingly it does not intend to comment further," it said.

The comments follow a report from Reuters news agency which said Samsung has met with executives

Purported offer

\$7.5B

Samsung Electronics Co.'s purported offer to buy Canadian company BlackBerry

over the possibility of buying BlackBerry for as much as \$7.5 billion US.

The offer would be a premium of 38 to 60 per cent over BlackBerry's stock price before the report emerged.

BlackBerry shares jumped nearly 30 per cent after the report was released. Its stock closed ahead \$3.42 to \$15.02 on the Toronto Stock Exchange. In New York, BlackBerry shares closed up \$2.89 US at \$12.60 US.

In November, BlackBerry and Samsung announced a partnership where the Waterloo, Ont.-based company would make its mobile security technology available for the Android operating system in 2015. THE CANADIAN PRESS



European court backs London's black cabs

A taxi driver uses a bus lane in central London Wednesday. The iconic black cabs, under pressure from taxi app Uber and cheaper taxis known as minicabs, got some good news Wednesday: They won't have to share their right to drive in bus lanes with rivals. A European Union court dismissed a challenge by private taxi firm Addison Lee, which argued that the rule violated European competition laws. LEFTERIS PITAKRIS/THE ASSOCIATED PRESS

Market Minute

DOLLAR
83.72¢
(+0.07¢)

TSX
14,084.43 (-102.73)

OIL
\$48.48 US (+\$2.59)

GOLD
\$1,234.50 US (+10¢)

Natural gas: \$3.233 US (+29¢)
Dow Jones: 17,427.09 (-186.59)

Boston

Uber to share data

Uber has reached an agreement with Boston to share information about the trips passengers take using its on-demand service, officials said Wednesday. THE ASSOCIATED PRESS

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Auto lenders use black box to track buyers with poor credit

A little-known black box buried in the guts of many vehicles on Canada's roads makes drivers with poor credit the hapless targets of what is becoming a 24-hour surveillance culture.

Known as a starter interrupter, the GPS-equipped, wallet-sized box is popular with auto-loan companies. If the owner stops making payments, the lender can send a signal to the box, disabling the vehicle by shutting off the starter. The GPS function also allows for tracking the customer's movements.

Safety issues

PassTime USA has sold tens of thousands of starter-interrupters in Canada.

- In an emergency, a driver can enter a code that will start the car, it says.
- The device can't disable a moving car because it's connected to the starter and not the ignition system, PassTime says.

Thousands of starter in-

terrupters have been on the roads in Canada for years, but little has been said about how they're used and the information lenders can collect.

Consumer-protection laws have curtailed their use in Quebec, and serious questions are being raised about their safety in the United States, following reports about moving cars being shut down remotely — though one company that makes them denies that's even possible.

TORSTAR NEWS SERVICE

Samsung's \$90 phone goes on sale

Samsung Electronics Co. started selling a \$90 US smartphone in India on Wednesday that runs on the company's Tizen software, its first major break from Google's Android operating system in the mobile-phone market.

The Samsung Z1 went on sale for 5,700 rupees (\$92), one of the cheapest phones that Samsung has launched.

With the Tizen operating system, Samsung is trying to lessen its dependence on Android software, which powers a majority of the South Ko-

rean company's smartphones, including its flagship Galaxy series.

The smartphone is the latest to join the growing list of Samsung's Tizen family. Last year, Samsung launched a camera and smartwatches.

Samsung earlier this month said its Internet-connected televisions will use Tizen from this year, allowing the TVs to easily synchronize with Tizen mobile devices.

The Z1 smartphone was unveiled in June, but its launch, promised in Russia and India

and elsewhere, was postponed. The delays were seen as a setback to Samsung's efforts to have control over the content and services that are used on its devices.

Although Samsung is the world's largest maker of televisions and handsets, its software has not matched its hardware prowess. The company has a history of withdrawing apps or services that received a big marketing push, including ending the short-lived mobile operating system Bada.

THE ASSOCIATED PRESS

VOICES

NEWSPAPER EDITS OUT WOMEN



Above: world leaders attend a march in solidarity with the Charlie Hebdo attack victims in Paris. Below: female leaders erased from a similar photo of the rally, by HaMevaser newspaper. ABOVE: GETTY IMAGES; BELOW: SCREENGRAB

The world is watching — and arguably just waiting — for the next head-slapping action to find, screengrab and broadcast to the world

 KRISTEN THOMPSON
readers@metronews.ca

It seems you can't get away with much these days because Little Brother is there, taking a screengrab of your perceived offence and retweeting it for the world to turn into a meme.

On the hot seat this week is conservative Jewish newspaper HaMevaser, which removed all of the women from a photograph of world leaders marching in Paris in support of Charlie Hebdo and printed said photograph on its front page.

Gone from the photo are German Chancellor Angela Merkel, Paris Mayor Anne Hidalgo, EU foreign affairs chief Federica Mogherini and Danish Prime Minister Helle Thorning-Schmidt.

The edits are offensive and head-slapping for the obvious reasons: removing people from a photograph and presenting the image as fact, in a newspaper, is not journalism. Painstakingly editing out the women, specifically, suggests a dubious view on the value of women, in my opinion.

What's interesting is the idea that even a little-known newspaper with a relatively small circulation can so quickly catch the attention — and derision — of the entire world.

Five years ago, the Haredi (Ultra-Orthodox) community's practice of not publishing pictures of women for the sake of modesty would likely have gone relatively unnoticed. And yet, when Jewish site Walla outed HaMevaser over the altered Paris photo, it spread like wildfire around the web. As the world shrinks and the spotlight of social media grows,

the viewpoints of people and communities — no matter how insular — become exposed for all to see, judge, re-tweet and hashtag.

In this new world of cellphones, Twitter, Facebook and Instagram, the world's eyes are always on us.

Women only

This isn't the first time an ultra-orthodox newspaper has edited women out of photographs. Following the death of Osama Bin Laden, Brooklyn-based ultra-orthodox Jewish newspaper Der Tzitzing photoshopped Hillary Clinton and another woman out of the photograph of U.S. President Barack Obama and his security team watching the raid.

- The photo has also inspired several parodies, including this one by satirical news site Waterford Whispers News, which edited all the men out of the image.



A version with the men erased runs on a satirical site. SCREENGRAB

As a Muslim journalist, I'm not OK with the Charlie cover

 ALI ZAFAR
readers@metronews.ca

I'm appalled by the renewed satirizing of Prophet Muhammad in Charlie Hebdo, not only as a Muslim but also as a journalist.

My condemnation stems from the fact that the Prophet is a revered figure in my faith who should not be drawn out — let alone satirized in untoward illustrations — according to widely held Islamic traditions.

But my condemnation goes deeper than that. As a person of faith, and a person of colour, it baffles me that the right to freedom of speech is being used as a right to be racist and bigoted toward Muslims, which is made clear by the obscene cartoons in editions of Charlie.

Muslims are a racialized demographic, with the majority of French Muslims coming from a North African background, while in Canada, the majority of Muslims are of Pakistani, Indian, Arab or Iranian origin.

I've heard the phrase "Muslims aren't a race" many times, but just about every asinine image of Muslims or the Prophet in Charlie depicts them as brown or black individuals.

Working in the media, I understand the responsibility that comes with freedom of speech and how that involves making moral judgments in news coverage on a daily basis. One of the main reasons why I got into this profession is because of its power to be a voice for the minority.

I can't help but feel that publish-

ing the satirical Muhammad cartoons does nothing more than allow a select few to flaunt their privilege to laugh at images that further antagonize an already marginalized group, especially in France.

These cartoons play into people's fears of Muslims and are used to justify increased surveillance on a national scale. They also fuel the rampant Islamophobia that is now raging in France, with at least 60 reported anti-Muslim incidents since the Charlie attack, from firebombs and pig

heads thrown into mosques, to veiled women subjected to insults on the street. At the same time, I understand that Islam forbids violently censoring free speech, as the gunman did in the Charlie Hebdo attack.

The Prophet himself faced violence and verbal ridicule from individuals but never used harsh words or physical force in return. It's his example that I'll continue to follow.

Ali Zafar is a copy editor and writer for Metro News.

Cooper on laughing with Clint

Book to film.

Eastwood lightened the mood while filming the sombre American Sniper

MATT PRIGGE

Metro World News in New York

Bradley Cooper starts off the press conference for American Sniper very, very seriously. "I try not to look in the mirror too much, quite honestly," he says at one point, not remotely cracking a smile.

Eventually he loosens up, busts out a decent impersonation of the film's director — one Clint Eastwood — and reminisces warmly about that time Eastwood oozed childlike glee watching a kid on set: none other than the real-life daughter of Army sharpshooter Chris Kyle (played by Cooper in the film) and his widow Taya.

"We laughed a tremendous amount on the movie — shockingly, given the content," Cooper says. "You're so excited to come to the set every day, because Clint Eastwood is there." The loose nature is just how Eastwood likes to work. "I think maybe why he gets so many great performances out of people is because he makes them feel really at ease. He's curious. John Huston said towards the end of his life that that's what keeps you going: curiosity. He's just so curious. He's like a little kid."

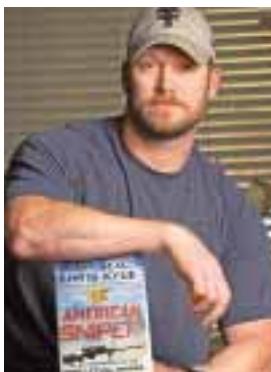
Cooper's no modest fan of the director's work, citing Unforgiven as "maybe the best American film."

He feels a connection between the best picture winner and American Sniper.

"This character is almost William Munney prior to when we meet him in Unforgiven:



Bradley Cooper plays Chris Kyle in American Sniper. CONTRIBUTED



Chris Kyle with his book.
THE ASSOCIATED PRESS

his wife has since died and he's taking care of the kids and he comes back because (his friend) has been murdered. We saw a lot of similarities."

There was another incentive to give Eastwood the reins: "Chris Kyle said if there was any way he had a choice of who would direct the movie, it would be Clint Eastwood. And then he had his wish."

They had fun making American Sniper, but the film is absolutely serious.

Not only is it about the damage war does to families and soldiers' psyches, but Kyle

himself was murdered by a troubled vet while the film was in pre-production.

They had an extra responsibility to get the story right and impart a useful message. "The takeaway for those who can relate to (Kyle) is that it will be healing," he says.

But even those who aren't veterans themselves can see "what vets go through, what Taya has gone through."

Though Kyle's four tours were during the Iraq War, Cooper doesn't see American Sniper as political. "It's not a movie about the Iraq War. It's a movie about what someone like Chris has to go through as a soldier — the dilemmas, the horror of it," he explains. "That's all we ever talked about. It's not a political movie at all. It's a movie about a man. It's a character study."

Cooper actually trained with live ammo, which both helped and harmed his work. He found the first sniping sequence much too real.

"I'd only felt the gun with live ammo, and I saw two actors in the scope. My stomach turned and I moved the gun away," he recalls. "I said, 'We can't shoot the scene with them there.' I just couldn't do it, even though the gun wasn't

loaded. I had a glimpse of what a soldier has to go through."

With Eastwood, Cooper was working for a director famous for doing as few takes as possible, sometimes just one. Cooper found that refreshing.

"Sometimes you do movies, you think, 'Well, I'm warming up on the first three and then we'll get into it on seven and eight. That's not happening on this movie at all. You better bring it the first take,'" he says. "It's almost like theatre in a way, doing a Clint Eastwood movie."

It even felt familiar to him, based on his time with Silver Linings Playbook and American Hustle director David O. Russell, who relies heavily on spontaneous, off-the-cuff traits.

"On a David O. Russell movie, when you step out of the van in the morning you better be able to shoot the scene the moment your foot touches the ground," he explains. "I've come to love it, because there's an energy and vitality, a sense that it's actually happening. If I ever have a chance to direct I would always want to do that.

Never make them feel like they have 100 takes. Make them feel like this is it. You want to raise the stakes, anyway."

Eastwood's adaptations

American Sniper is based on Chris Kyle's 2012 true story, American Sniper: The Autobiography of the Most Lethal Sniper in U.S. Military History, which sat on the The New York Times Best Seller list for 37 weeks.

This isn't the first book director Clint Eastwood has adapted for the big screen. Here's a look at five of other movies in his lengthy filmography that topped the best-seller list:

1 The Eiger Station: Eastwood starred in and directed this 1972 thriller about a mountaineering art dealer who is also a paid assassin.

2 The Bridges of Madison County: A sensation when it was released in 1992, the book is one of the bestsellers of the 20th century. Eastwood turned it into a 1995 film starring Meryl Streep.

3 Midnight in the Garden of Good and Evil: This 1997 crime drama was on the The New York Times Best Seller list for 216 weeks.

4 Mystic River: Dennis Lehane published his novel about three childhood friends reunited by a murder in 2001. Eastwood turned it into an Academy award-winning film in 2003.

5 Invictus: This 2009 film is based on John Carlin's book, Playing the Enemy: Nelson Mandela and the Game That Made a Nation, about the 1995 Rugby World Cup in South Africa. METRO



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Thriller about rail commuters full of twists, turns and shocks

Debut novel. The Girl on the Train's narrator turns passengers into characters, then tries to imagine what their everyday lives are like

EMILY LAURENCE
Metro World News in New York City

Paula Hawkins' first book, the emotional thriller *The Girl On The Train*, only came out on Tuesday, but DreamWorks has already bought the movie rights.

With every early review comparing it to *Gone Girl*, the stakes are pretty high for this novel, about a woman named Rachel who sees the same people on her commute to and from work each day and builds up stories in her mind about them.

An alcoholic, Rachel

makes for an unreliable narrator, which in part is responsible for the book's many twists, turns and its shocking ending.

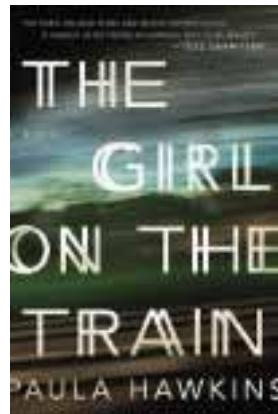
Making 'subway friends'

"When I used to commute for work, one of my favourite things to do was to look out the window and into peoples' houses if I could see in," Hawkins tells us.

"The idea for the book partially comes from the idea that you see these people every day and you feel like you've made a connection, but it's actually imaginary. And then thinking about what a vulnerable, lonely person would do with that sensation."

Hawkins says she liked the idea of creating a narrator with a drinking problem because it creates an unreliability in a lot of ways.

"You can't trust yourself, your memory or your own judgments," she says.



Getting it all on paper
When she sat down to write the book, Hawkins says she first created a detailed chapter-by-chapter outline to keep track of the multiple characters and time jumps, but there were a few things that took her by surprise.

"There's a character, Anna, who changed quite a lot for me," she says.

"I saw her completely differently at the end of the book than I did at the beginning."

On those *Gone Girl* comparisons

When asked if the constant *Gone Girl* comparisons are flattering or annoying, Hawkins says it's a double-edged sword.

"It's fantastic because I think *Gone Girl* is such a great book, but at the same time, I'd like (*Girl on the Train*) to be seen on its own merits as well."

As for that movie deal, Hawkins says things are still very early and she's just crossing her fingers.

For now, she's content with just getting the book in the hands of commuters, getting them so immersed that they just might miss their stop.



Girl on the Train author Paula Hawkins. CONTRIBUTED

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Sims' secret to true beauty: Learn how to respect yourself

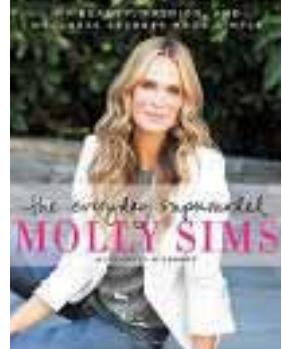
Supermodel author.
Sims says listening to your inner voice and believing you can be beautiful will help you be the best you can be

Molly Sims is a self-professed girl's girl and proud of it.

She loves to share the tips and secrets she's discovered to looking and feeling good.

"I love sharing information like, 'OK, you need to go blonde. Don't forget about your eyebrows ... Oh my God, you've got to check out this smoothie. OK, so I just went to this place and I swear to you I lost three pounds,'" she said in a recent interview.

Sims has compiled some of her tips for looking and feeling great in her new book, *The Everyday Supermodel: My Beauty, Fashion, and Wellness Secrets Made Simple* (Dey



Street Books). She enlisted the help of experts like stylist-designer Rachel Zoe and Pilates instructor Alycea Ungaro.

Do you really believe that by following your book, the everyday woman can look like a supermodel?

I knew I was gonna get a little flak on *The Everyday Supermodel* because here I am calling myself a supermodel.

I cringe sometimes at the

word, but ... I've done this for 20 years. I've made myself believe like, 'OK, I can do this.'

I can challenge myself. I can respect myself and I can be the best version of myself and I can bring out that inner supermodel. That inner X factor. That's what we have to bring out of all of us.

I have faked it till I've made it and ... the one thing I've done along the way is I've learned and I've looked and I've copied and I've read and I've listened.

That's ultimately why I wrote the book — because people always go, 'Oh, you were born that way,' and I got so tired of hearing that.

You write that taking care of yourself is more about respecting yourself than anything else.

You have to respect yourself, you have to challenge yourself and you have to be the best version of yourself. If you look good, you feel good.

You're expecting your second child, but you've been honest about gaining a lot of weight during your first pregnancy.

I gained 74 pounds in my last pregnancy. I was 204. I couldn't even see my belly. I ended up having a thyroid condition that they didn't know about. But I still had to lose the 80 pounds. It took me 15 months.

You devote a chapter to finding love, which you say you've had problems with.

I worked with a really good therapist a few years ago. Her name is Mary Goldenson and she wrote this amazing book.

I was really co-dependent. I couldn't get out of a relationship, and I was just stuck. She made me read one of her books called, *It's Time: No One's Coming to Save You*.

I needed someone to hold me accountable, and the person I needed to hold me accountable was me.

THE ASSOCIATED PRESS



Molly Sims
GETTY IMAGES

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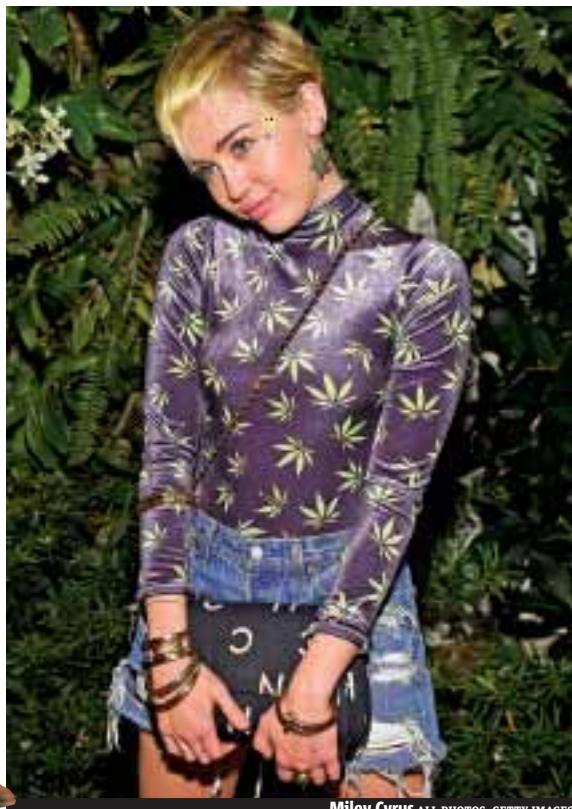
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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



Miley Cyrus ALL PHOTOS: GETTY IMAGES

What if Miley took her clothes off and everybody yawned?

Oh, Miley. Former Disney star Miley Cyrus just can't stop showing off her goods to anyone who will look. To that end, she's gifted V Magazine with a collection of "candid" Polaroids from her recent world tour to celebrate their music issue, hit-

ting newsstands today. The magazine is even offering a fold-out poster of a fully nude Cyrus emerging from a bubble bath. Enticing, right? Here's the thing, though: We apparently live in a world now where a collection of naked Mil-

ey Cyrus pictures is met with a collective yawn instead of the startled gasp I assume she was hoping for. As commenters over at Defamer put it, "It just seems so boring and one-dimensional" and, "I for one appreciate Miley's attempt to desexualize female nudity."

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Kristen Stewart really does care

It is a question that has plagued scholars, lo, since the nascent days of Twilight cinematic history: Exactly how many f— does Kristen Stewart give? Many have argued that her enduring appeal is rooted in her natural inability to not care about anything, but Stewart herself. She renounces such spurious categorization. When renowned culture critic and Salon deputy entertainment editor Anna Silman recently lauded Stewart with, "You are kind of a hero to people, in a way. A lot of people admire what they see as your give-no-f—s attitude," Stewart took extreme exception. "I'm like, 'Actually, no one gives a f— like me,'" Stewart insists. "No one gives more of a f— than me. It's just ironic to me. I'm always like, 'Really?' So there you have it. The debate is settled.



Kristen Stewart

More bad news for the ladies of The View

Things are not looking good for Rosie, Whoopi and crew, as execs at ABC are said to be "ready to abandon ship" on long-running daytime talk show The View, according to the Mail Online. "The brass at ABC feels like they've tried to do everything possible to breathe new life into this show," a source says. The View, currently in its 18th season, would be replaced by an extra hour of Good Morning America, a move similar to the one the Today show made years ago. "ABC feels it has exhausted their options with

The View and now it's time to expand the existing franchise. They feel that since GMA is already beating NBC's Today during the first two hours of the broadcast, why not extend the morning broadcast? But what will Whoopi Goldberg do with her mornings now?

Rosie O'Donnell and Whoopi Goldberg



The year gets a bit quirkier as Björk readies new album for March

Björk stumbled onto Twitter this week to announce her first album in four years is on its way, and she describes it in the most Björk way possible. The announcement of the album, Vulnicura, came along with a handwritten note describing what we can expect from the Icelandic iconoclast's new tunes. "The songs are called Stonemilker, Lionsong, History of Touches, Black Lake, Family, Notget, Atom Dance, Mouth Mantra and Quicksand," she writes. "I hope you will enjoy it!"

I can already see



Mouth Mantra and History of Touches becoming club hits. The new work, her ninth studio album and the first since her experimental Biophilia in 2011, will be released in March.

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What's big for the boys in 2015

Menswear trends are slower burning than womenswear, but it's still an exciting time for guy-style. Here's what will reign in the world of men's retail this coming year.

AFP



Matching shades

All white, all beige, neutrals ... this year is going to be about the refined use of colour palettes. On the Spring/Summer 2015 runways, London Burberry sent out lots of bright colours, but grouped them together, while at Calvin Klein Italo Zucchelli created lots of buzz with his hunky models in 'nude' beige tones. Tomas Maier took a similar approach with his neutral colours at Bottega Veneta. Some brands took it further and opted for all-white looks; from toothpaste-white bonded leather jackets at Neil Barrett to off-white tailoring paired with ice-white sportswear at Sergio Corneliani.



Checks and stripes

Patterns arrived on the S/S 2015 runways in classic formulations: windowpane checks, monochrome plaids and pinstripes. Frida Giannini at Gucci described her naval-striped lads as 'decadent admirals' and her fellow Italian Giorgio Armani dressed his deckhands in sun lounger striped red casual jackets. Milanese upstarts MSGM also mixed checked patterns with sportswear. When it came to pinstripes, as usual, it was London that was most on point. Matthew Miller revisited the city's Savile Row heritage with his deconstructed tailoring and Jonathan Anderson riffed on a tongue-in-cheek version business casual by creating apron shapes from the classic gentleman's staple.



A touch of dandyism

With all the minimalism, tailoring and sporty elements going on, you might be forgiven for thinking that menswear is getting a bit boring. Worry not. The rock 'n' roll touches aren't this coming year's biggest trend, but there are splashes of fun to be had. Paul Smith, Dries Van Noten, and Valentino all created stunning silk prints in pants and shirts (often paired with more restrained tailoring) for Spring 2015. Van Noten's use of colour was restrained (he stuck to pale gold, red, burgundy and navy) but his use of Richard Haines' illustrated dancers was more than eye-catching enough.

Canadian street style

Name: Rachel

Age: 36

Occupation: Marketing

What she's wearing

Gap turtleneck, Zara skirt, vintage belt and necklace, Cole Haan boots, Helmut Lang coat, and Mackage purse.

Her inspiration

"My mom in the '80s, Bianca Jagger (the ultimate brunette), Linda Evangelista's bob (circa 1990s), '70s jeans, denim on denim in *Dazed and Confused* (the movie).

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Trends Report

We've had a few days to analyze the looks that came down the Golden Globes' red carpet, and the one look we're obsessed with is actress Emma Stone's. The star stood out in pants in a sea of ball gowns. Go online to Trends Report to find out how you can get fancy in pants, too.



• **Online.** metrone.ca/trends-report

• Follow Irene on Twitter @MetrolreneK and Instagram @kuanirene

• Photo: Emma Stone poses on the red carpet at the Golden Globe Awards. (Getty Images)

Vow to find a perfect spot

Destination: Married. Make your wedding day a memorable adventure with friends and family

ASTRID
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For Metro

For many, exchanging vows on a beach at sunset in a hot climate is the definition of a dream wedding.

According to Wedding Bells magazine's 2014 Trend Report, 15 per cent of Canadian brides are planning on having a destination wedding. The magazine also notes that the total number of destination weddings has more than doubled since 2009.

"Destination weddings used to be a rare occurrence," said Soha Lavin, a wedding planner with Vancouver's Countdown Events Planning & Design. "But now, more and more of our couples are holding destination weddings in the most convenient manner

to ensure all of their loved ones can attend."

"We are definitely seeing an increase in these types of weddings," said Tracey Manailescu, co-founder of The Wedding Planners Institute of Canada Inc. (WPIC). "Some of our WPIC alumni have switched to only working with couples having destination weddings."

Where to go?

Mexico, Jamaica, and Dominican Republic are always favourites, Manailescu said.

"They're easy for guests to travel to for larger wedding parties and cost-effective," she said.

However, couples are also becoming more and more interested in Europe.

Italy, Greece, and Spain are hot because of their stunning views and architecture,

memorable adventures, and great food and wines," Manailescu said.

Lavin also said Maui and California have piqued some of her clients' imagination.

How should you pick?

First of all, are there any destinations that have a special meaning to you?

Another major factor in choosing your destination is whether it's easy and afford-

able to travel to.

"So you need to find out: Do guests need to switch planes and take long shuttle rides to get to the location?" Manailescu said. "If the resort or hotel is expensive, the couple should look for alternative locations for guests to stay and then provide day passes for the wedding festivities."

Also don't forget to consider health and safety concerns — keep up-to-date on travel

advisories via the Canadian government. (travel.gc.ca/travelling/advisories)

Finally, if you have selected your resort, do your homework and find out if there is any construction or repairs going on that may hinder wedding-related activities.

Get a little help

Is there too much to think about? Professional wedding planners and agents aren't just

helpful, they are knowledgeable, too.

Consider a licensed travel agent as they will provide guidance and be in the loop with any changes or information affecting travel," Manailescu said. "And a WPIC-certified wedding co-ordinator can help liaise between venue, vendors and keep on things such as marriage licenses, time restrictions, venue co-ordinators and more."



According to Wedding Bells magazine's 2014 Trend Report, 15 per cent of Canadian brides are planning on having a destination wedding. SHUTTERSTOCK

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Cookbook of the Week

A tangy approach



If you reach for a slice of key lime or lemon meringue pie rather than sweet cake, Pucker by Gwendolyn Richards is for you.

But using lemons, grapefruits and limes in the kitchen extends well past desserts. Richards' book also includes 100 recipes for drinks, salads, sides, breakfasts and mains. She even highlights tools and helpful hints.

Recipes include Moroccan Stew with Preserved Lemon, Citrus-Braised Pork Shoulder Tacos, Lemon Chicken, Peanut Soup, Flourless Chocolate-Lime Cake and Chewy Lemon Cookies. **METRO**

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Kris Abel
@RealKrisAbel
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Ideal for beginners, this step-by-step video instruction series featuring Evan Kleiman will take you through the making of 20 tasty pies, from different crusts to a variety of complementary toppings.



A little lemony zip goes a long way

Main or side dish.

This Barley Risotto with Lemon, Leeks and Peas isn't traditional, and that's a good thing

"It may be cheeky to call this a risotto since the traditional version uses rice, but the cooking technique is the same," writes Gwendolyn Richards in Pucker.

The barley gets just as creamy as it cooks slowly with broth, but still stays a bit chewy for a much heartier dish. I like this with a lot of lemon zip, so I add the full tablespoon of lemon juice. Sprinkle some roughly chopped basil overtop just before serving for a bit more green and a herbal hit. This dish is excellent with roasted or pan-seared chicken."

1. In a small saucepan set over medium heat, bring the chicken stock to a low simmer. Keep it barely simmering as you prepare the risotto.

2. In a large saucepan set over medium heat, warm the oil and butter until the butter starts to foam slightly. Add the leeks and salt and sauté, stirring occasionally, until the leeks are softened, 2 to 3 minutes, then add the garlic and cook until it's fragrant, about a minute more. Stir in the pearl barley, mixing it with the leeks and garlic until each grain is coated and shimmering with the oil and butter and is slightly toasted, about 2 to 3 minutes. Pour in the white wine and stir until most of it is absorbed.

3. Begin adding the simmering stock, about half a cup (125 ml) at a time, stirring often and waiting until most of the liquid has been absorbed before adding more. It should take 4 to 5 minutes for the barley to soak up the liquid between additions. If it's taking a lot less time than that, reduce the heat. If it's taking more, turn up the heat.

4. Just after the last bit of stock has been added, stir in the peas. Add the cream, lemon zest, 1/2 a tablespoon (7.5 ml) of lemon juice and the Parmesan, then stir gently until everything is mixed together. Taste for seasonings, and add the rest of the lemon juice if desired. Sprinkle with additional Parmesan just before serving. **RECIPES FROM PUCKER: A COOKBOOK FOR CITRUS LOVERS BY GWENDOLYN RICHARDS (WHITECAP, 2014)**

Ingredients

- 3 cups (750 ml) chicken stock
- 2 tbsp (30 ml) extra virgin olive oil
- 1 tbsp (15 ml) butter
- 3 medium leeks, white and pale green parts thinly sliced, rinsed and drained
- 1/2 tsp (2.5 ml) salt
- 3 cloves garlic, minced
- 1 cup (250 ml) pearl barley
- 1/2 cup (125 ml) dry white wine
- 3/4 cup (185 ml) fresh or frozen peas
- 2 tbsp (30 ml) whipping cream
- Zest of 1 lemon
- 1/2 to 1 tbsp (7.5 to 15 ml) lemon juice
- 1/2 cup (125 ml) grated Parmesan, plus more for sprinkling



This recipe serves four as a side dish and two as a main. **GWENDOLYN RICHARDS**

Ribbons of carrots and a drizzle of lime dressing

"Using carrots in a variety of colours makes for a gorgeous salad, but the regular orange ones are just as tasty," writes author, food writer and blogger Gwendolyn Richards in her book Pucker.

The pistachios add a great crunch, while the cranberries play up the carrots' sweetness.

Even friends and family who don't like carrots say they enjoy this salad."

1. Peel the carrots and then, using the peeler, lightly shave off layers of carrot in ribbons. In a bowl, mix the carrots, avocado slices, pistachios and cranberries.

2. In a jar with a lid or

in a bowl, combine the lime juice, sugar, salt and pepper to taste. Give it a couple of shakes, or whisk together, and then add the oil. Shake or whisk again until emulsified. Pour a few tablespoons over the salad and toss lightly to keep the avocado from getting too mushy. Add more dressing as needed.

Ingredients

- 1 lb (500 g) carrots
- 1 avocado, sliced
- 1/4 cup (60 ml) pistachios
- 1/4 cup (60 ml) dried cranberries

Dressing

- Freshly ground pepper
- 2 tbsp (30 ml) lime juice
- 1/2 to 1 tsp (7.5 ml) sugar
- 3/4 tsp (4 ml) salt
- Virgin olive oil



This recipe serves two to four. **GWENDOLYN RICHARDS**

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How to decorate an open-plan space

Designer tips. Give your open-concept home a seamless flow

I recently purchased a two-level small townhouse that has an open layout. I am attempting to decorate the main floor space. Any tricks or hints? — Rob, Halifax



DESIGN CENTRE

Karl Lohnes

home@metronews.ca

Choosing an open concept kitchen/living space is a great option for young families (where parents are in the kitchen and children are in the living space); folks who entertain in a big way (since most parties end up in the kitchen, anyway); or people who want to make a small home feel more spacious.

Here are a few rules to follow if you want each area's decor to flow easily.



Antiqued Oak Iron Springs engineered wide-plank flooring, \$10 per square foot, KentwoodFloors.com

Choose one look

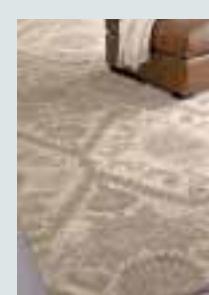
Your kitchen's esthetic should be similar to the living space. For example, if you have modern furnishings in the living/dining area, then the kitchen should have cabinetry, counters and finished that mimic that modern feel.

Divide without walls

There should be a visual divider between the living area for entertaining and kitchen area for cooking. A kitchen work island, desk or table with chairs should be used as a barrier to the working area of the kitchen. This helps

to visually keep the fun and games in the living area and the working kitchen functioning smoothly and safely.

Sliding barn-style doors are a great way to keep offices and dens open to the rest of the house yet offer privacy when needed.



Being consistent with colour and tones creates visual flow in open concept spaces. Orissa area rug (left), from \$600, CrateAndBarrel.com; MSI's Mare Bianco 12x24 inch porcelain tile (above), \$4 each, HomeDepot.ca ALL PHOTOS: CONTRIBUTED

Keep flooring similar

Flooring should flow from one area to another without jarring the eye with light then dark tones. For example, having medium wood toned flooring in your living space, then a medium brown stone in the foyer, a similar tone of brown in the kitchen tile and a similar colour of broadloom for a den area will create the feeling of one large floor space.

A foyer carpet runner should take its cue for colour and pattern from larger area rugs in other areas throughout the open-concept space.

Match up the details

Window treatments, hardware metal tones and wall colours should also blend from one area to another in an open-concept home. Similar window shade styles and colours should be used throughout the main floor. The metallic colours and styles of doorknobs, cabinet hardware and lighting should all be co-ordinated, and paint colours also need to blend.

By decorating all the areas of your main floor as one large space, you will simplify the decorating process and create visual flow.

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NBA

LeBron says he was 'protecting' coach with shove

LeBron James and David Blatt have downplayed an incident in which the four-time MVP shoved his coach during Cleveland's loss to the Phoenix Suns.

In the first half of Tuesday night's game, Blatt was vehemently arguing a call with an official when James pushed him back to the bench.

James says he was "just protecting" his coach from getting a technical foul. Blatt says the same thing.

The loss came in James' return to the team after a two-week absence to rest his sore left knee and back.

THE ASSOCIATED PRESS

Boxing

Pacquiao agrees to fight Mayweather, promoter says

Manny Pacquiao was on his way to Los Angeles on Wednesday, preparing for a meeting with contestants of the Miss Universe pageant.

Whether he has an even bigger date on May 2 seems entirely up to Floyd Mayweather Jr.

Promoter Bob Arum says Pacquiao has agreed to all terms for what would be boxing's richest fight ever, a bout with Mayweather that fans have been demanding for five years.

The question now is whether the long-reluctant Mayweather will finally sign on the dotted line for what could be an astonishing \$120-million payday.

THE ASSOCIATED PRESS

Control in Central key to Jets' playoff push



THE HOCKEY NEWS
Ronnie Shuker
winnipeg@metronews.ca

There's a lot to like about the NHL's playoff format. It emphasizes division rivalries and the importance of being able to beat teams within your own division, which is great for fans, because the games are so much more intense.

And it could be a boon to Winnipeg's playoff hopes in 2014-15.

Currently, the Jets have played the fewest intra-divisional games of any team in the Central at just 13 (only the Columbus Blue Jackets and Florida Panthers have played fewer games within their respective divisions). So over the second half of the season, Winnipeg will have to run the gauntlet through the Central to get to the playoffs, with 16 of its final 38 games (42 per cent) coming against division opponents: four against St. Louis, three each against Chicago and Dallas and two each versus Colorado, Minnesota and Nashville.

It sounds like a death sentence for Winnipeg's post-season aspirations. Yet, despite being in the NHL's division of death, the Jets have actually done quite well within the Central, with an overall record of 7-4-2, good for a .615 points percentage. If they continue to play their division rivals at the same pace, they'll get 20 points out of those 16 games, which would give them 72 points. They'd only need to play .500 in their 22 remaining non-divisional matchups to fin-



Zach Bogosian of the Jets takes the puck away from the Blues' Vladimir Tarasenko on Feb. 8, 2014, in St. Louis. Beating division rivals such as the Blues will go a long way in the Jets' making the playoffs. DILIP VISHWANAT /GETTY IMAGES

ish the season with 94 points, which should be good enough to make the post-season.

What this means is that Winnipeg controls its own destiny. By beating teams in the Central, not only will the Jets chalk up points by the two's, they'll prevent Colorado, Dallas and Minnesota from gaining ground on them and Nashville, Chicago and St. Louis from getting too far ahead.

The catch in all of this, of course, is the crossover. Not only are the Jets battling with their Central foes for playoff

Standing tall in close games

53.3%

The Jets rank fifth league-wide in Corsi close with a 53.3 per cent rating. Similarly, they rank sixth in Fenwick close at 52.8 per cent.

positioning, they're also keeping an eye on San Jose, Los Angeles, Vancouver and Calgary in the Pacific Division in case the crossover comes into play for the final playoff spot in the

Western Conference. Winnipeg has seven games against those teams, which could dictate the difference between playing hockey or golf come mid-April.

However Winnipeg's season plays out, it's going to be fun for fans to watch. Expect the Jets to be in a lot of hard-fought, close games down the stretch, which they've excelled in so far (see stats box). They may be left black-and-blue by the time they finish the season, but at least we'll know what they're made of.

Foligno, Toews named all-star team captains



The Blue Jackets' Nick Foligno has been selected as a team captain for the all-star game on Jan. 25 in Columbus. GETTY IMAGES FILE

Nick Foligno of the Columbus Blue Jackets and Jonathan Toews of the Chicago Blackhawks have been named team captains for the NHL all-star weekend Jan. 23-25 in Columbus, league officials said Wednesday.

The NHL said the all-star teams will now be designated as Team Foligno and Team Toews.

In addition, Drew Doughty of the Los Angeles Kings and Patrick Kane of the Blackhawks have been named assistant captains of Team Foligno, while Ryan Getzlaf of the Anaheim

Ducks and Rick Nash of the New York Rangers will assist Toews.

The captains and assistants were selected by NHL Hockey Operations in consultation with players selected for the game. The captains will oversee the selection of their teams on Jan. 23, will set the rosters for the team skills competition the follow-



Jonathan Toews
GETTY IMAGES FILE

ing day and then will wear the "C" on their jerseys during the game the day after that.

Foligno, a 27-year-old Buffalo native, was leading the Blue Jackets in goals (18) and points (40) before Wednesday night's game against the Montreal Canadiens.

Toews, also captain of the Blackhawks, will be making his fourth career NHL all-star appearance. The 26-year-old Winnipeg native collected 1,217,210 votes to finish third overall in this year's fan vote.

THE ASSOCIATED PRESS

4
SPORTS

Wilson ‘doesn’t fit the mould’

NFL. Heading into Sunday’s NFC championship vs. Green Bay, Seattle QB’s post-season achievements can’t be disputed, even if he doesn’t fit any preconceived notions

Of the four quarterbacks still playing on championship weekend, Seattle’s Russell Wilson is the outlier in terms of style.

Tom Brady, Andrew Luck and Aaron Rodgers all have their quarterbacking foundations built around being pocket passers first. Luck and Rodgers — when healthy — both bring an element of mobility, but it’s not their forte.

Wilson? Well, good luck defining the way he operates.

“He doesn’t fit the mould of anything I thought previously would be a franchise quarterback. I think he still gets a lot of hate and discredit because we don’t throw the ball that often. However, what he’s asked to do in this offence he does it extremely well,” Seattle wide receiver Doug Baldwin said.

Passer rating

109.6

After six playoff games — five of them victories — Wilson has the highest passer rating in NFL history with a minimum of 150 attempts. Wilson’s mark of 109.6 is at the top. He’s one of five players in league history with a playoff passer rating of 100 or above. The others are: Rodgers, Bart Starr, Kurt Warner and Drew Brees.

Headed into Sunday’s NFC championship game against Green Bay, Wilson’s post-season achievements can’t be disputed even if he doesn’t fit any preconceived notions.

“I think one of the things that definitely allows me to play well is the guys around me. I’ve got great guys around me, guys that want to work every day, guys that are devoted to being successful and no matter what it takes,” Wilson said. “I think that when you’re in those moments, you either live for them or you fall off.”

There’s also the matter of how Wilson plays when it matters most. He already owns 14 career comebacks in 54 regular-season and playoff games combined.

THE ASSOCIATED PRESS



Russell Wilson might not be your typical pocket-passing QB, but he’s still one of the NFL’s best playoff performers and will be a handful for the Green Bay Packers’ defence in the NFC championship game on Sunday in Seattle. JONATHAN FERREY/GETTY IMAGES

Messi stirring ambiguity over future with Barca



A tumultuous season in Barcelona has some thinking a move out of town for Lionel Messi isn’t outside the realm of possibility. DAVID RAMOS/GETTY IMAGES

With commercial strategies now as scrutinized as the coach’s tactics in football, the perception is that Real Madrid has been more active lobbying for Ronaldo than Barcelona has for its four-time Ballon D’Or winner.

Messi hardly gave the perception of being a loyal Barcelona employee when he faced the cameras at FIFA’s awards ceremony in Zurich.

Rather than just responding to the inevitable question about his future with the usual declaration of loyalty to the club that turned him into one

of the best players of all time, the Argentina captain seemed intentionally ambiguous.

“I am not sure where I will be next year,” said the academy graduate under contract at the Camp Nou until 2019. “Nobody knows what the future holds.”

That’s particularly true when Messi’s relationship with the Barcelona board and coach Luis Enrique is reputed to be far from harmonious.

Occasionally even a player as gifted as Messi needs to be indulged, not just in his pay packet.

“He’s not as straightforward as he used to be,” Esteve Calzada, former Barcelona chief marketing and commercial officer, said.

“He would say, ‘Barcelona is my own team. I will retire here.’ Something went wrong ... I find it difficult to believe he will spend his whole career at Barcelona.”

The all-time top scorer in the Champions League is undoubtedly coveted, but when you are the most talented player alongside Ronaldo your freedom of movement becomes limited. THE ASSOCIATED PRESS

Dollar signs

There are the four years remaining on his contract and a 250 million-euro (\$295-million US) buyout clause.

- Messi commands an annual gross salary of 50 million euros (\$59 million), meaning a club could need the ability to cover 500 million euros (\$590 million) over five years to fund the signing of the 27-year-old forward.



Rafael takes a break on Wednesday in Melbourne, Australia. THE ASSOCIATED PRESS

2016 Rio Olympics

Ticket scalpers beware ...

Brazilian organizers of the 2016 Olympics said Wednesday they will impose large fines — up to 100 times the tickets face value — on anyone involved in the resale of tickets distributed by national Olympic committees. THE ASSOCIATED PRESS

Fast4

Nadal gives disco tennis a shot

A new format called Fast4, which some have dubbed disco tennis, was again on display Wednesday with a recovering Rafael Nadal happy to be on the dance floor.

The occasion was the official opening of the newly renovated Margaret Court

Arena that will feature in the Australian Open, which starts on Monday. On Wednesday, 7,500 fans crammed into the arena for the Rafa Nadal Foundation, which assists socially disadvantaged youth. It also showcased the Australian-developed Fast4, which features major rule variations — no advantage scoring, lets are played and the first to four games wins the set. THE ASSOCIATED PRESS

NHL

Wild nab Coyote

The Minnesota Wild acquired goalie Devan Dubnyk from the Arizona Coyotes on Wednesday for a third-round draft pick. Dubnyk, 28, was 9-5-2 with a 2.72 goals-against average and .916 save percentage in 19 games this season for the Coyotes. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.

 See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

The best way to get what you want is to pull strings behind the scenes. If you tackle issues head-on today you may find yourself up against people who are stronger — and you'll lose.

Taurus

April 21 - May 21

Don't worry too much if you fall out with a friend today because it's really no big deal. It could even be beneficial in that you may need to clear the air.

Gemini

May 22 - June 21

Winning may not be everything but it isn't nothing either. If you get the chance to be number one today, take it. Mars in the career area of your chart makes it easy to be assertive.

Cancer

June 22 - July 23

You may be short of cash but you can still find ways to get what you want. If you can't satisfy your needs one way you will satisfy them another — and it won't cost you a cent.

Leo

July 24 - Aug. 23

If someone annoys you today you won't hesitate to challenge them. The bad news is they could turn out to be a tougher nut to crack than you expected.

Virgo

Aug. 24 - Sept. 23

There is tension in the air and partners and colleagues could be difficult to deal with over the next 24 hours. Don't overreact and say or do things that make matters worse. It'll pass.

Libra

Sept. 24 - Oct. 23

You will have to do something you don't want to do today and most likely you will let everyone know — loudly — it isn't your idea of fun. Be professional.

Scorpio

Oct. 24 - Nov. 22

You are in one of your assertive moods today. Just be careful you don't annoy someone whose cooperation you may need in the near future.

Sagittarius

Nov. 23 - Dec. 21

Don't try too hard to keep your emotions bottled up because it will be better for your health if you let your feelings show. You also need to prove that you are not intimidated by people who throw their weight around.

Capricorn

Dec. 22 - Jan. 20

Travel and social activities are well starred right now but don't stray too far in the wrong direction. It's one thing to be adventurous but quite another to be foolhardy.

Aquarius

Jan. 21 - Feb. 19

Don't push yourself too hard over the next 24 hours. Some days were made for taking it easy and the planets indicate that this is one of them.

Pisces

Feb. 20 - March 20

With Mars in your sign you refuse to accept second best. But as Mars squares up to limitations planet Saturn today recognize that authority figures need to be respected.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Music key, ___.
5. Breakfast's yellow circle
9. Overeat
14. Kinks tune
15. The Secret World ___ (1961 Pierre Berton children's book)
16. Wickerwork material
17. Triumph's "Lay ___ the Line"
18. ET-piloted crafts
19. Nintendo enthusiast
20. Elusive treasure site on the Mahone Bay island at #22-Across: 2 wds.
22. Nova Scotia-based History Channel show, "The Curse of ___ Island"
23. Principle
24. Cartoon-turned-movie-of-1997 starring Leslie Nielsen: 2 wds.
28. Pollio's partner
29. Ancient garment
30. Oprah's ___! moment
31. Tennis great Mr. Becker
34. Prefix to 'legal'
35. Concert headliner
36. Figure skating jump
37. Compare
38. Study carefully, ___ over
39. Orange part

40. One-and-onlys, once
41. Divulged
42. Tribute type
43. Chicoutimi 'corn' (2005)
44. "In ___ Shoes"
45. 1980s music genre: 2 wds.
47. St-___ Bagel, in Montreal
51. Johnny Mathis'

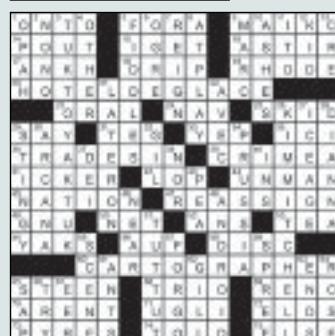
"Chances ___"
52. Janis sang about a 'dirty red' one, variably
53. Be appreciative
56. ___ Kong
57. Loonie, for one
58. Role for Canuck comic Mike
59. Musicals lyricist Tim
60. Voltaire play

section
61. Tragically Hip's "___ by a Century"
62. Toboggan
63. Bible pronoun

Toronto-born singer/songwriter: 2 wds.
5. Montreal Canadiens mascot!
6. "Oh, come ___."
(Let's be real)
7. Ransack
8. Canada's version of lbs.
9. Northeastern Ontario: Community between Sudbury and

Down
1. Bowl game airship
2. Detroit aka The ___ City
3. Solo
4. As per #46-Down...

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	1	5	7	3	8	4	6	2
8	4	2	9	5	6	7	3	1
7	3	6	2	1	4	9	5	8
2	5	3	1	8	7	6	4	9
4	8	9	5	6	3	1	2	7
6	7	1	4	2	9	3	8	5
1	2	7	3	4	5	8	9	6
3	9	8	6	7	2	5	1	4
5	6	4	8	9	1	2	7	3

5	7	9	1
4	3		2
8	5	9	2
3	7	8	4
1	2	3	5
		6	7
		9	4
		6	

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RED RIVER COLLEGE

Tuesday, February 17, 2015

12pm - 3pm | 5pm - 8pm

Wednesday, February 18, 2015

9am - 2pm

Open House
rrc.ca/openhouse



weight loss clinics™

Lisa drops 65lbs in 30 weeks at U Weight Loss Clinic

"I lost 7lbs in my first week and a total of 65 pounds in 30 weeks, moving from Size 18 to size 4."

More importantly, I have kept it off for 2 yrs now and am excited to start another year, still a size 4.

(I still love saying that..)



Q: How much weight have you lost?
A: 65lbs in 30 weeks.! I went from a size 18 to a size 4....and have remained there for almost 2 yrs now. I lost almost 7 lbs in my first week and that was a great kickstart.

Q: What was the final straw that made you decide to start U Weight Loss Clinic?
A: Desperate for results, I had bought some diet pills off the shelf at the grocery store. I started taking them and could not stop crying; they really did a number on me. I really felt awful and out of control. Of course my clothes were so uncomfortable. I was just so frustrated and fed up. I was alternately exercising and starving myself with NO REAL RESULTS.

Q: How did you feel about seeking help at U weight loss Clinic?
A: Honestly, I was sceptical. I feared that U weight loss was just another gimmick, even, though I had living proof that it worked .. You may have seen pictures of my friend Gavin who lost over 160 lbs at U weight loss Clinics. I watched him go through his transformation and it was amazing .. But I still lacked confidence in everything to do with diets and feared it might not actually work for me as *absolutely nothing else ever had!*

Finally, desperate and fed up starving myself and STILL not losing weight, I went to U weight loss clinic.

Q: So you what did you like most about the program?

A: First of all, I was totally amazed at the amount of food I was eating..and all of it delicious.

I learned I had to speed up my body's metabolism in order to burn fat.

I also learned the power of combining certain foods to stop cravings and mood swings.

I loved the fast results, and the fact it wasn't actually a diet but just a way of making simple changes.

More of an education plus great coaching and support.

Learning the simple science behind the program was very useful..and oh my, the recipes!

I can honestly say I was never an experimental cook. I Am now!!!! Now I create my own recipes. Also the energy I have now is incredible!

Q: Any Regrets?

A: I do regret that previously, I was so VERY MISINFORMED about weight loss. It's really so simple..and I can tell you, starving has no part of it. People who watch me eat are always shocked how much food I actually ate while I was losing my weight at U Weightless, and still continue to consume 2 yrs later.

The idea is to set your own body's metabolism on fire and keep it that way by eating the U Weight Loss way.

Q: How do you feel now?

A: I feel like I can conquer just about anything now.

Q: Any Advice for someone still thinking of losing some extra pounds?

A: Please DON'T procrastinate ...make yourself a priority. Love your self. That old formula of "EAT LESS AND EXERCISE MORE" IS SO ANTIQUATED AND DOESN'T WORK!!

I am now a senior Health Coach at the U weight Loss clinic. If you have given up on losing weight please give us a chance to change your mind..

This simple knowledge totally changed my life and I would love to help **U** change yours!

**ANNUAL
SALE!**

**50% OFF ALL PROGRAMS
LIGHTEN UP FOR 2015!**